

# SERENITY

ENDURE

*AUGUST 1978 VOLUME VII, No. 8*

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Presenting The Living Light philosophy and  
features of interest to spiritually-minded people.

# Serenity

# Sentinel

VOLUME VII, No. 8

AUGUST 1978

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Published monthly by SERENITY, P. O. Box 137, Forest Knolls, CA 94933  
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Rates: 50 cents a copy, \$5.50 a year



Our

Invisible

Friends

by Richard P. Goodwin

In speaking on the topic of *Our Invisible Friends*, as we view recorded history we see from the Oracles of Delphi to the present day, and in all religions of the world, there never was a time when man did not speak of these so-called invisible friends. As a thought in the mind releases intelligent energy into the atmosphere around and about us, creating the very form of the thought that we think, so it is that these dimensions that we are moving through we fail to see and we fail to hear, simply because our minds are so active creating the forms of our own mind that they build a shield or a wall, so-to-speak, between us and these many

dimensions in which we truly live.

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*... we came here to earth,  
we came with an awakened  
spirit, but that awakened  
spirit . . . was dimmed . . .  
by an over-activity of  
our mental body.*

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For man to personally experience these worlds around and about us, he must first make the effort to control his own mind that it may be in a state of peace, not releasing this intelligent energy and creating these multitudes of forms. For unless he does, he can see or hear only the reflections that rise up from within himself.



## OUR INVISIBLE FRIENDS

All religions are founded upon words and teachings that have been brought to our earth realm from other dimensions, but we soon forget the source. We soon forget our humble beginnings as we become so active in this mundane and material world.

The basic teaching of this philosophy is the teaching of personal responsibility. And following that teaching is the demonstrable truth that like attracts like and becomes the law of attachment. And so it is as man, through an error of ignorance, permits his mind to be over-active with this mundane and material world, he can only attract back into his life, like kind. This journey in this earth realm is a very short journey for all of us. The years, they go very, very quickly. And yet it seems we give so little thought and so little consideration to this great eternity, to these dimensions that we are destined to

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*It is when we direct this Intelligent Energy to the source that sustains our very life that we begin to awaken from within once again.*

---

experience, and sooner than most of us think.

My good friends, we came

here to earth, we came with an awakened spirit, but that awakened spirit slowly but surely early in our earth years was dimmed—dimmed by an over-activity of our mental body. Because of that we wander in the darkness of this earthly realm; we doubt and we fear. Both doubt and fear, a function of the human mind, does only one thing to our life. It brings to us a repetition of the experiences that we fear, a repetition of the things that we doubt. It is when we direct this Intelligent Energy to the source that sustains our very life that we begin to awaken from within once again. And we begin to see a bit more clearly, not only where we are going, but where we have been.

Ever since the beginning of man these intelligent so-called invisible friends—invisible to our physical sight, but surely not invisible to our eternal sight. It is the divine birthright of each and every soul on this planet to know where they have been before they came, to know where they are in evolution this very moment, and to know beyond a shadow of any doubt where they are going. That, your birthright and mine, is ever available to us, but it takes a little effort on our part. It takes a little

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Spirit is infinite and all-pervading.

# A WANDERER *in the* SPIRIT LANDS

*by Franchezzo*

## CHAPTER XV.

### A NEW EXPEDITION PROPOSED

*Continued from last issue—*

God is in all and over and above all, yet none know his nature nor what manner of essence he is of, save that he is in everything and everywhere. The mind of man must pause on the very threshold of his inquiries, appalled by the sense of his own littleness, and the most he can do is to learn humbly and study cautiously, that each step be assured be-

fore he essays again to climb. The most lofty, the most daring minds cannot grasp all at once, and can man on earth hope that all can be explained to him with his limited range of vision, when the most advanced minds in the spirit world are ever being checked in their explorations after truth by the sense of their limited powers?"

## CHAPTER XVI.

### CLAIRVOYANCE—THE JOURNEY BEGUN

The friend whom Ahrinzi-man sent to accompany and instruct me, appeared to my eyes as a youth of about five-and-twenty to thirty years of age, judging by earth's standard

in such matters, but he told me he had lived to upwards of sixty years on earth. His present appearance was that of his spiritual development, which alone constitutes the

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## OUR INVISIBLE FRIENDS

*continued from page 3*

effort each and every moment to remember the world on this earth that we are presently experiencing is a mirror revealing our own mental world. But there is something greater than the thought of man. There is something far greater than the mind of man. There is the Intelligent Energy that sustains it all. This Intelligent Energy is what we really are. We are not the flesh, we are not the form. Those things of creation are born, and those are the things that die. So it would be indeed most foolhearty to attach ourselves, by the law of identity, to things which are destined to return to their source. It is through our attention that the law of identity is established. And once we establish this law of identity, we cannot help but follow the path of attachment. It is our attachments in life that bring us our suffering and our pain. And so all philosophies throughout our

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*It is through our attention that the law of identity is established. And once we establish this law of identity, we . . . follow the path of attachment . . . that brings us our suffering and our pain.*

---

world have taught to free ourselves from our attachments for

they have been given birth by us and they shall die by our own hand.

My good friends, there cannot be peace, there cannot be harmony, there surely cannot be freedom until we make the effort to gain a level of consciousness, of objectivity to the experiences of life itself. Most of us, unfortunately, somehow believe that life is experience. But I assure you that life is the very essence of

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*to experience . . . joy, is to be free from the forms created by our own mind.*

---

of joy itself. But to experience that essence, that joy, that so-called heaven, is to be free from the forms created by our own mind. It is through this help that we receive from those who have experienced this earthly life and who have gone on to other dimensions to other levels of consciousness. It is through their assistance, for they are indeed with us daily, that we are inspired and encouraged to make yea, even greater effort.

So often in this religion I have heard Spiritualists, some say, that their guides and teachers they've gone on, they are no longer with them. They no longer have these invisible helpers. It is sad to hear a

*(continued page 7)*



# Visitors' Views

"Serenity outwardly expresses my inner beliefs. I can't wait to bring friends with me soon to share with them what has been shared today with me!"  
—C.R. L.

\* \* \* \* \*

"I'm very impressed, especially with the readings & healings."—K.B.

\* \* \* \* \*

"I enjoyed it very much. The psychometry was surprisingly accurate."—N. K.

\* \* \* \* \*

"I thoroughly enjoyed today. Really inspiring and good for the mind to hear."—J.H.

\* \* \* \* \*

"I enjoyed all the singing and music. The message was just what I needed to hear." M.J.C.

"I enjoyed the service very much. It's obvious to me that the people who come here are getting a great benefit from it."—J.K.

\* \* \* \* \*

"Very interesting approach."

\* \* \* \* \*

"Enjoyed the philosophy and openness of the service."  
—C.D.L.

\* \* \* \* \*

"It was nice to come back to the serenity of the day. Thank you for the help."—K.J.B.

\* \* \* \* \*

"As someone involved in a scientific profession, I find the observations made uncannily accurate and introspective."—H.L.

\* \* \* \* \*

## OUR INVISIBLE FRIENDS

*continued from page 5*

statement of that type, for it reveals, by its own demonstration, that these so-called angels, these helpers from these other worlds—they haven't gone anywhere—we have just lowered our level of consciousness. We have become so over-active with our material, mundane world that we can no longer see, we can no longer hear, we can no longer sense.

There is never a gain in life without a loss. And there is never a loss without a gain. And so it is up to us to choose wisely this moment what it is we wish to gain, for that is the nature of the being. It is the nature to experience in this earthly world. It is our nature to evolve, to grow and to expand. But for each expansion there is a contraction, for every gain is a guaranteed loss. So when we choose, let us pause before we choose. And let us accept the personal law of responsibility and be willing to lose whatever it is we must lose to gain whatever it is we choose to gain. For if we look at life in that way, we will begin to see life in a more balanced and more objective way. We will begin to grow up emotionally.

Fear, which is the mind's control over the eternal soul,

is something that each of us experience each and every day. We experience it because we haven't yet learned

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*...be willing to lose whatever  
it is we must lose to gain  
whatever it is we choose  
to gain.*

---

perhaps how to free ourselves from this temporal mental body. This mind that we have is in a constant process of evolving and changing. Because it is in a constant process of evolving, and changing, and expanding, we experience in our life each day what we call fear. We fear for our jobs, we fear for our homes, we fear for our material supply, we fear for our health, we fear for so many things each and every day. I am aware that some of us, perhaps, are not willing to admit to ourselves that we are filled with so much fear. But all we have to do is take an inventory of our daily experiences and then we will become quickly aware of how much fear we are experiencing. The reason

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*The reason that we look  
in this physical world and  
see so very much negativity  
is because it is the  
expression of fear.*

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*(continued page 9)*

# Views of Our Heavenly Home

by Andrew Jackson Davis

## THE BEAUTY AND GLORY OF THE PLANETS

*Continued from last issue—*

These remarks are not made to reflect unfavorably upon the new form of chemical investigations by the employment of the recently invented spectroscope. The constituents of substances never before known have been brought to light by it, giving us several most valuable new metals; and many of the elements of our sun and of the active gases of stars in some of the very far-off constellations, have been recently revealed by what is called "spectrum analysis."

By this method the light proceeding from a white-hot and flaming substance is admitted to a prism through a slit only one thirty-second of an inch wide; the light, thus decomposed and shed beyond

the prism, is microscopically examined; and then, by comparing the lines that are visible with those invariably derived experimentally from the combustion of known elements and substances, the properties of the particular flame under examination are reliably ascertained. An experienced spectrum analyzer can, at a glance, read the properties of a metal under examination; because it is found that the number, the position, and the color of the transverse lines obtained from the combustion of a substance are invariably the same. Thus, for example, the lines obtained from white-hot gold, silver, soda, zinc, iron, copper calcium, potassium, platinum, oxygen, hydrogen, etc., always appear exactly in the same position  
(continued page 26)



## OUR INVISIBLE FRIENDS

*continued from page 7*

that we look in this physical world and see so very much negativity is because it is the expression of fear. As long as

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*These invisible friends that are around and about us each and every moment, ever in keeping with the law of attraction, we shall meet someday.*

---

we permit our minds to believe that we and we alone are life itself, that there is no intelligence outside of us personally that is sustaining and supporting us, then we can be rest assured we shall pay the price of Lucifer—it is called the price of pride. For if you will recall, Lucifer rose in his great pride to be equal with the Intelligent Energy that was sustaining him, called God.

These invisible friends that are around and about us each and every moment, ever in keeping with the law of attraction, we shall meet someday. If we do not meet them while yet in the physical flesh, we are guaranteed to meet them when we leave this physical world. For the physical body, garnered up from the physical substance of earth, is destined by the law of return to go back to this physical earth. And our mental body which

we have identified with is destined to return to the substance from whence it was garnered.

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*We are a stream of consciousness that ever moves through untold multitudes of so-called experience, but we must remember we are not the experience. . . We are the Intelligent Energy that has created the thought, but we are not the thought itself.*

---

My friends, there is no lasting security in identifying with the things that come and are guaranteed to go. The only thing that we will ever, or have ever had, or will ever have, is the possibility of awakening to our great eternal life, to a stream of consciousness that is far beyond the limited forms created by our human mind. For, in truth, we are this essence of life. We are a stream of consciousness that ever moves through untold multitudes of so-called experience, but we must remember we are not the experience. We are not the thought. We are the Intelligent Energy that has created the thought, but we are not the thought itself. It is when we believe we are the thought that our problems start to rise. It is when we believe we are the fear and the experience,

*(continued page 11)*



## nnovation

*Thank you, God, for each failure and each success for*

*they have taught us humility.*

## eading

*The Living Light philosophy teaches that we should think humble yet well of ourselves. This does not mean that we need to have a "door-mat vibration" so that we attract unto ourselves those who are ready, willing and able to walk on us. What "humble" does mean is a recognition that whatever accomplishments we have made in life are not exclusively of our own doing, but are an effect of our acceptance of God's Divine Energy working through us. Humility is a recognition that our part merely consisted of directing this Divine Energy toward good by focusing our thoughts, acts and deeds upon a task, project or goal and having the continuity to follow through to completion.*

*Humbleness is reserved for those who have experienced failure as well as those who have succeeded. It is experienced by those who have lost or come close to losing what they value most, as well as those who have gained. It is found in those who have learned the lessons of life and acquired the knowledge of the world, only to discover that the more they know, the less they know. When we accept ourselves as we truly are, we are thinking well of ourselves. It is important for us to be good friends to ourselves, to laugh at our weaknesses and to give credit to God for our successes. Then we are in balance—thinking humble yet well of ourselves.*

## enediction

*No matter what our situation in life is or will be, may*

*we always remember "there but for the grace of God go I."*

## OUR INVISIBLE FRIENDS

*continued from page 9*

that is our struggle. For it, in truth, is revealing to us that we have identified with the duality of creation and through that identity we have attached ourselves to that vibratory wave.

All of life is vibration. And we are the vibration that we alone, through identity, have chosen, but we can choose a new vibration. To us, it's called an attitude. We can choose that new vibration and we can then free ourselves from that which we have chosen to free ourselves from. We cannot

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*All of life is vibration. And we are the vibration that we alone, through identity, have chosen. . . it's called an attitude.*

---

see and we cannot hear what we do not accept the possibility of. We could not have landed on the moon or gone into outer space until someone on this earth realm had accepted the possibility. We cannot experience these invisible friends in our conscious mind until we first accept the possibility. To Infinite Intelligent Energy, all things are possible. To deny that there is something that is not possible to Infinite Intelligent Energy is to rise as Lucifer rose in his

pride and, therefore, suffer the consequences. When you accept the possibility of all things, when you accept the possibility of all good in your

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*. . . when you accept the possibility of all good in your life, you will set into motion the law of identity upon which you may experience what you are choosing to experience.*

---

life, you will set into motion the law of identity upon which you may experience what you are choosing to experience. But you cannot experience until you first accept the possibility. Why has it been for untold eons of time so difficult for the masses to accept the possibility of life eternal? To accept the possibility of communication with other dimension that their physical senses cannot experience? Why is it so difficult? It is difficult because of fear. Man fears what he judges he cannot control. That's the way all minds work.

So when you encounter an experience that your mind says it cannot control, you may be rest assured you will immediately experience fear. But, my friends, whether or not we accept the possibility of all things today we can be

*(continued page 13)*

## and

## VIEWS

Og Mandino, the author of *The Greatest Salesman in the World* writes that "failure is man's inability to reach his goals in life whatever they may be." His philosophy on the way to succeed in life is set forth in the following formula for success:

1. Form good habits and become their slaves, for only a good habit can subdue another habit.

2. Greet each day with love in your heart.

3. Persist until you succeed, for although you may fail many times, you only need to succeed once.

4. Believe you are nature's greatest miracle by accepting yourself.

5. Live each day as if it were your last, burying yesterday and tomorrow and avoiding the killers of time — procrastination, doubt, fear, idle mouths, idle hands, and idle bodies.

6. Become master of your emotions, for yesterday's joy

becomes today's sadness and today's sadness becomes tomorrow's joy. Weak are those who permit thoughts to control their actions. Become master of your thoughts and you will control your destiny.

7. Laugh at the world, but most of all laugh at yourself. Laugh at your failures for then they will vanish in clouds, laugh at successes and they will shrink to their true value.

8. Today, multiply your value a hundredfold by setting goals for each day, week, month, year and life. Set the goals high, for "it is better to aim a spear at the moon and strike only an eagle than to aim at the eagle and hit only a rock." When goals are reached they must be raised. Always let your reach exceed your grasp.

9. Act now! It is action that is the tinder that ignites goals into a living force. It is better to act and fail than not to act and flounder. Today is all we have, tomorrow is reserved for the labor of the lazy. Tomorrow is the day failure will succeed, so act now.

10. Pray. But make your cries for help only be cries for guidance.



## OUR INVISIBLE FRIENDS

*continued from page 11*

encouraged for we are destined by the very law of evolution to accept the possibility of all things someday.

We are in truth an ever-expanding consciousness. We are not as limited today as we were yesterday. And indeed, in keeping with the very law of evolution, we will not be as limited tomorrow as we are today. So does it not behoove us, in viewing the demonstrable laws of life, does it not behoove us, to expand our consciousness through a little more personal effort? Why leave it to so-called circumstance which is nothing more than a lack of understanding the laws we have set into motion? Why leave it to so-called accident which is again an error of not understanding what laws we alone are setting into motion? Is it not a better way to be aware of what we are doing with our mind and with our life? Is it better to

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*Man fears what he judges he cannot control.*

---

take ahold of the reins and look our destiny square in the face knowing that we and we alone are making the choice? For that in truth is really the way that it is.

Those invisible friends that

are in our universe are ever in keeping with the laws that we alone have established. They are in truth no better and no worse than what we in truth really are. But who is to judge who is better and worse? Man himself is his own best friend. And man himself is his own worst enemy. For it is man's personal thoughts and personal acts that lift him to heavenly heights or take him in the opposite direction. There is nothing outside that can ever affect our life unless you have something inside that is setting that law into motion, for all experiences in all of life is ever within us. Remember, my good friends, whatever it is in life you want, whatever it is in life you don't want, it's within your hands

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*There is nothing outside that can ever affect our life unless you have something inside that is setting that law into motion, for all experiences in all of life is ever within us.*

---

for it's within your head. It's never out there. It is a delusion of the mind that dictates to us that it is outside. That is not where it exists. It's inside ourself. All our health, and all our wealth, and all our happiness is inside. That's the

*(continued page 26)*

Ahrinziman reads the papyrus roll on how to prolong physical life.

## *The Strange Story* of

by Anita Silvani

# AHRINZIMAN

*Continued from last issue—*

“If, then, thou dost desire to live the life of mortal men, then thou must steal a body from another, or else steal from many the mortal life-essence which shall sustain thine own.

“There is yet a third and darker way by which those who find they cannot possess themselves of the body of another may yet steal from him his young, fresh life. Let there be an Elixir made, the strongest and most powerful that can be distilled, and when the rainbow cloud shall form, and the last golden drops fall within the bowl, let the man with strong young life throbbing in all his veins draw near and touch the vessel wherein is contained this strong Elixir, for as the stronger body doth attract the weaker, as the larger draws to it the smaller, as the loadstone draws to it the iron, so will the powerful life within the bowl draw to it the life contained within the mortal body of the youth, and as the

mortal body, deprived thus suddenly of its young life, shall sink upon the ground, he who can drink at once of the grand Elixir shall absorb both the life that was contained within the body of the youth and that contained in the magic liquid—so shall he renew his life for yet another hundred years, or it may be even more. Yet let him beware! The Powers of Darkness are not mocked, for behold—

\* \* \* \* \*

I had read so far, and was about to turn the page, when from the darkness of the night there came forth a hand! A gigantic hand, that terminated at the wrist, which grasped the papyrus scroll and snatched it from my hold, vanishing with it as suddenly as it had appeared.

Thus did the secrets it contained remain in greater part a secret still.

But I had read enough. I knew now why Jelal-ud-din had been so disturbed by the reading of it, and why he no

## THE STORY OF AHRINZIMAN

longer dared to meet my gaze.  
And I recognized with an  
emotion of thankfulness the

sudden death from which my  
Angel of Light had saved me.

### CHAPTER XV

#### I MEET ZULEIKA

I made my way through Persia into the Hill country of Afghanistan, and in the city of Herat I took up my abode. I had resolved to practice as a professor of the medical art, and with the knowledge taught me by Jelal-ud-din I wrought many successful cures. With the darker mysteries I tampered not, for the horror of my Master's death was yet strong upon me; and although I kept his magic wand and the mirror, and certain other things, I did not use them, and such gifts of Divination as I possessed I used at this time only to aid me in my work of healing those who came to me for help.

Ere long I made for myself an honorable reputation, and was sent for by even the highest class of citizens, and for a time I remained quietly and contentedly living as one highly respected and esteemed.

And now I bethought myself of taking unto me another wife. I had learned from the manuscripts of Jelal-ud-din

how to guard my body when my Spirit should be absent from it, and I had taken occasion to go thus unknown to visit the wife whom I had left among the robber tents in the mountains of Persia.

I found her, as I expected, already wed unto my rival Hadji. The old Chief was dead, and Hadji ruled in his stead over the tribe, while Dilferib ruled with no gentle hand over Hadji.

I therefore felt myself to be at liberty to find another partner, and began to look round at all the fair maidens whose parents I knew. My idea of love had been somewhat sullied in my life with Jelal-ud-din. Women no longer appeared such sacred divinities to me, and I had begun to despair of ever meeting one who could inspire in my heart a romantic attachment. Little did I dream that the crisis of my life, so far as love was concerned, was so near at hand.

There was an Arabian merchant in the city with  
*(continued page 17)*



# Dictionary

of

## The Living Light Philosophy



*A*nnoyance. The mind is annoyed with anything that it has dictated is not in keeping with its own judgment.

*D*iscernment, the ability to discern, a soul faculty, is ever dependent upon total consideration. For man to discern, man must use wisdom. To use wisdom, man must first gain understanding. And for man to first gain understanding, he must first demonstrate total consideration for we cannot understand anything that we do not first consider.

*E*xposure means that that is exposed to various forms and the attachments of the human mind is not only irritated but it rises up to defend itself, and that is known as emotional trama. But the

mind does not forget those various forms that we, over the years of directing energy to, they are very unhappy that the light of reason has been cast upon them. And so they go to work in our little mind to find ways of getting even, for they have been hurt; they have been attacked, and they rise to defend themselves.

*I*rritation is a light cast upon the shadows of the human mind, and it is like a searchlight. Nothing in the human mind escapes it. Exposure frees the soul; irritation awakens us.

*W*isdom. Man understands many things. It is when the understanding is brought into application or use that wisdom is born, for understanding without expression or use has no true value.



## THE STRANGE STORY OF AHRINZIMAN

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whom I was somewhat intimate, and on my mentioning my desire to find a wife, he invited me to visit his family. He had, he said, three daughters, each of whom was esteemed to be beautiful, and I might choose, if I pleased, one of them.

Accordingly I was invited to a feast, after which these maidens were each in turn to unveil before me.

The merchant had a niece as well as three daughters, and as the youngest daughter had already set her affections upon a youth, it was agreed among the girls themselves that the niece should quietly take her place without telling the merchant, for as the youngest daughter was considered the most beautiful it was feared that I might select her.

The niece, whose name was Zuleika, was the orphan daughter of the merchant's brother, who had settled in Turkey and married a Circassian lady of great beauty but faithless disposition, who had escaped with her lover, leaving behind the little daughter who

was their only child. At the father's death this girl had been adopted by the good merchant, Abou Hassan, and brought up with his own daughters.

I need not dwell upon the entertainment given to me by the merchant, nor describe the charms of the two elder daughters, whose blushing faces were momentarily unveiled to my eyes without exciting more than a passing sensation of admiration for their comeliness.

The third girl, whom the merchant imagined to be his youngest daughter, drew her veil very slightly aside, showing to me a face which surpassed the others in beauty of feature and perfection of coloring. But it was not her loveliness which caused the sudden throb of my heart, the quick rush of blood through all my veins, but the fact that as this third maiden unveiled before me I recognized the long sought for face of the girl I had seen in the magic mirror, on that eventful night when I had first visited Jelal-ud-din.

### CHAPTER XVI — MY MARRIAGE WITH ZULEIKA

The worthy merchant Abou Hassan was somewhat

chagrined when he found that his niece and not his daughter  
*(continued page 19)*

Mind is the moving principle: matter is the principle which is moved.

THE

# PENETRALIA

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

*Continued from last issue—*

*by Andrew Jackson Davis*

## QUESTIONS ON THE MARTYRDOM OF JESUS

What does history relate on this subject?

Sacred history relates that, in twilight's pensive hour, a young man sought the wilderness. Retiring winds waved the dreary depths, and music made of melancholy sort. He had travelled in Egypt; lived there till the death of Herod. Golden domes of pride, sacred temples of error, and towers of war, he had seen; had met and mingled with the world. But the spirit of God moved within. And the angels, lifting their voices o'er the wild uproar of the wilderness, blade him "Onward." With pathos true and touching, the voices of Mother-Nature spake to his weary soul. Anon, the heavens opened: and he "saw a spirit from Father-God descending like a dove." Then a voice said: "This is my beloved Son, in whom I am well pleased."

What may be said of the Jews in this connection?

The Jews were the most imbecile worshippers of Force, and knew not the Father. They were worshipping the imaginary God of the patriarchs and prophets; not the unfailing Source of the spirits of all men. They studied a creed; not the volume of creation. The Jews were the best and the worst of men; virtuous and vicious, witty, serious, and sometimes gay; learned in many arts, generous and brave at times; invariably hypocritical and avaricious, equally infidelic and faithful, materialistic and spiritual.

"The Jews must be taught the way, the truth, and the life," said the young man, . . . and, after forty days of interior preparation, he went forth to teach.

According to Bible history,  
*(continued page 40)*

## THE STRANGE STORY OF AHRINZIMAN

*continued from page 17*

had been selected to become my wife, and he was angry at the trick which had been played upon him. However, being somewhat of a philosopher, he consoled himself with the reflection that in any case it was well that Zuleika should be provided for, and gave his assent to our union not ungraciously. I pressed for an early marriage, for if the mere reflection of this girl's face projected to me in a mirror had so entranced my senses, her bodily presence had doubly enchained my heart, and I was consumed by the most impatient desire to marry her with as little delay as possible.

Of the strange warning against her which her appearance in the mirror had conveyed to me, I thought but little, attributing to the influence of Jelal-ud-din's room all that had conveyed a suggestion of evil in Zuleika herself. She was but a young girl brought up in the strict seclusion of her uncle's home, and it was impossible to look at the guileless innocence of her lovely face, with its modestly drooping dark eyes that would scarce raise themselves to look at me, and still associate a thought of evil with her. No! I felt sure she

was an Angel of goodness and purity, and I longed with all my soul to hasten the day which should make her my own.

The jewels which had been given to me by Jelal-ud-din were, as I have said, of considerable value, and I had thought it as well to part with them to a merchant who dealt in precious stones. I had, moreover, made a good deal of money by the practice of the healing art, so that I was in a position to make my presents to the bride and her family both numerous and costly, and I was accordingly treated with a corresponding amount of favor. Zuleika herself I did not again behold unveiled, but I was permitted several interviews in the presence of her family, and the impression she had made upon me was, if possible, deepened each time.

At last all the many customs and ceremonies attending a marriage in the East had been complied with and I was permitted to take my bride home to my own house at last. The time which followed was one of such intense happiness, of such an intoxication of love, that even now, after all this lapse of time, I sigh as I look back upon it, and would fain, were it but possible, recall again, if but for an hour,

*(continued page 21)*



Beware of surrendering yourself to another's magnetic influence.

# A Guide to Mediumship

## and psychical unfoldment

*E. W. & M. H. Wallis*

### CHAPTER IV.

#### PRACTICAL ADVICE TO SENSITIVES

*Continued from last issue—*

In circles for development one member is frequently impressed, or controlled, to make magnetic passes over another to aid in his unfoldment; and if such a thing should happen to you, and the influence is congenial, there need be no objection raised by you; but beware of those people who claim to be able, by mesmerism, to develop you into a medium in a given period of time. Professor Loveland says: 'The conscious self must first consent before any control can be acquired over the sub-conscious or automatic self-hood . . . In too many cases, only the power of auto-hypnotism is manifested, and we have obsession, fraud and folly as the result. There is one sure method of detecting the auto-hypnotic trance, and showing the difference between that and the genuine

spirit trance. Any competent magnetist or hypnotiser can throw off the spell in all cases of self-induced trance, unless it has reached the condition of complete catalepsy. But, if a spirit has induced the trance and controls the medium, it will laugh at your efforts to restore him to the ordinary condition. The most unfortunate feature of this sorry business is that the poor subject is self-deceived and imagines that he or she is a full-fledged medium; and when he has made some terrible break on the platform or elsewhere he shields himself by laying all the responsibility upon some supposed spirit guide.'

No sensible person would surrender himself to the magnetic influence of a human being of whom he knew nothing; he would need to know and have confidence in him before doing so; yet we

*(continued page 28)*

## THE STRANGE STORY OF AHRINZIMAN

*continued from page 19*

the illusions and the bliss of that time. That Zuleika should love me as much as I loved her was not to be expected. Only in the perfect union between twin souls is found the perfect unity of love, and Zuleika was in many respects the opposite of my true ideal, although she had so completely usurped the place of it that I could no longer dream of any perfections which were not possessed by her. She was clever, witty, and full of resources. She never palled upon nor wearied me, as poor Dilferib had done. Zuleika seemed to divine my thoughts ere I could utter them, and gratify my wishes when they were but half formed in my own mind. Although ignorant of life, her intuitions were so keen she never appeared awkward or at a loss, even under the most trying circumstances. By nature a coquette, she learnt almost at once the arts by which women enslave men, and make the cleverest and most worldly of us mere puppets in their hands. She was an actress by instinct, and it came more easily and naturally to her to feign an emotion than to feel one, for she was herself incapable of real deep feeling of any kind, save in-as-much as she desired

always to enjoy the highest measure of comfort possible for herself. She could not understand the absolute devotion with which I worshipped here, the passionate jealousy I suppressed at beholding her bestow her caresses upon even a pet bird, lest I should be thereby robbed of even a little of the love I desired to make all my own. She never guessed how I hungered for her kisses, how I trembled and how my heart beat with the wildest emotion at every touch of her soft hand. Through how many long nights have I lain awake, unable to sleep by reason of the fever of thoughts which burnt like fire in my brain, watching her as she lay serenely asleep in my arms, noting every feature of her face, every shadow of expression, and wondering of what she dreamed, longing with passionate vehemence to know her thoughts, and whether her dreams were of me and of my love. I would have given so much to read her thoughts, and to know what share I had in the emotions of her soul. But although she could read my thoughts, hers were a sealed book to me, of which I could never, with all my powers of divination, read one line.

*(continued next issue)*

The "Kingdom of God came not with observation."

## iscourses

from

# *The Spirit World*

*Dictated by Stephen Olin through Rev. R. P. Wilson, 1853*

### DISCOURSE III. — THE KINGDOM OF GOD IN MAN

*"Behold! the kingdom of God is within you." — Jesus*

*Continued from last issue—*

These words of the prophet and exemplar of mankind, Jesus of Nazareth, contain the true philosophy of spiritual development. The Jews formerly, like many people in the present age of the world, had formed an opinion that a Saviour would appear in their midst, and establish a kingdom of temporal as well as of spiritual power and distinction. A Saviour did appear—one worthy of the appellation—but not such an one as the Jews desired. He who was the outward representative of this salvation, declared that the "Kingdom of God came not with observation," or outward show. He uttered truth calculated to develop man's spiritual nature, and allure him away from cultivating unduly his earthly inclinations.

Having thus alluded to the subject involving the idea of a Saviour, I will consider this subject as now seen by me from the Spirit-world.

That such a personage as Jesus of Nazareth lived on the earth at the time mentioned in the New Testament, can not be doubted by any who have examined the evidences which attest its truth. But what is the Saviour of mankind? The only answer to this question is, Principles—eternal Principles. Christ was an embodiment of true principles. He taught the birth or development of the Spirit — that all men *must* be thus developed. He taught the unity of mankind and the brotherhood of all rational intelligences in all worlds. He taught the divinity of forgiveness, the spiritual nature of God, and the immortality



## DISCOURSES FROM THE SPIRIT-WORLD

of man's spiritual being. These, with other important truths, were by Him impressed upon mankind. But the truth he taught was truth ere his personal existence on earth commenced. He unfolded in his life and by his teachings, principles that were elevating and saving in their nature. In this respect he was the Saviour of the world, being the first to unfold to the world those principles and truths which exert a saving influence when their developing power is received. Jesus was a Saviour to mankind, as a spiritual light, and as bearing witness unto the truth. But in the sense in which the term is generally used, he could not be a Saviour, viz., in the sense which represents his death as being necessary to appease the wrath of the Father of mankind.

As God is love and wisdom, it is impossible, in the nature of the relations existing between him and the beings of his formation, for his laws of productive harmony to be frustrated by any agency

possible. For what existence is there in the realms of infinite beings which does not owe its origin to the great First Cause? And is it not impossible for Infinite Wisdom to be thwarted in His original designs? As his laws are unchangeable, it is therefore impossible to produce a deviation from the use to which those laws are applied. In the great chemical process of evolving individual spiritual existences, there is, to the undeveloped mind, much confusion, but to the eye that traces all things, there can appear but one result. Harmony will ultimately exert its positive power in "subjecting all things unto himself." Hence, the blood of no slaughtered victim was ever necessary to satisfy justice or placate a supposed wrathful God. But, on the other hand, Divine Love will forever attract, and Superlative Wisdom will continually enlighten, and Omnipotent Will will ever draw, all sentient beings to a more glorious assimilation to himself.

(continued next issue)

\* \* \* \* \*

*The bondage of review becomes the freedom of preview  
when man accepts promise, the path of peace. Principle  
is established and reason flows freely.*

—The Wise One



# Today's View of Past Frontiers

MAUD LORD DRAKE

Article taken from CENTENNIAL BOOK OF MODERN SPIRITUALISM IN AMERICA

Born near Fairmont, West Virginia, 1872, a descendant of a prominent Huguenot family of France, Maud Lord Drake passed to Spirit at the age of 72 years. The fourth child in the family, she was born with a double caul over her face, upon which was written: "The spark of psychic fire burning in this babe will become a torch of truth to illuminate the world." She was mediumistic even as an infant and the faithful Indian Spirit, Kaola, rocked her cradle as she slept and stayed with her through Earth Life.

Her career as a medium extended over 69 years beginning with prophesies at 3 years of age, and ending with the spirit message she gave to the nurses attending her a few days before departing this life. Beside prophecy she had other phases of mediumship — materialization, inspiration speaking, psychometry, clairvoyance, and clairsaudience. Her chief control, "The Oriental Master," inspired her lectures until she became known, in her day, as queen of them all. As a psychometrist she had no equal, upon

touching a strip of clothing from a murder victim could describe the victim and attacker, describe the weapon or cause of death, and report word for word any conversation preceding the act.

Her prophesies, made by the Oriental Master, predicted important events many years in the future. As a child she foretold the great Civil War, the number of lives that would be lost on each side, and the ultimate result, before the first shot was fired. She named in advance every presidential candidate from Lincoln to Harding. She described, from the public platform, five months to six years in advance, the San Francisco earthquake, Johnstown Flood and Galveston disaster.

During the centennial at Philadelphia she held a seance for the foreign Ministers from Spain, France, Germany, China, Japan and Brazil, the spirit friends conversing in their own language. People travelled many hundreds of miles to have a sitting with this remarkable medium, particularly if they had read her greatest literary work, 'Psychic Light.'



## DIVINE HEALING PRAYER

I accept that the Divine Healing Power  
Is removing all obstructions  
From my mind and body  
And is restoring me to perfect  
Health, wealth and happiness.  
My heart is filled with gratitude  
For the Divine Law of Acceptance  
That is healing both present and absent ones  
Who are in need of help.  
Peace, the power that healeth,  
Is guiding my thoughts, acts and deeds,  
As God and I go hand in hand  
Living a life of joyful abundance.



## VIEW OF OUR HEAVENLY HOME

*continued from page 8*

and with the same number and color; and thus, by employing telescopic as well as microscopic instruments, the spectrum analysis of the sun and of the remote stars can be exactly obtained.

Just here let me remind you that thirty-one years ago, in oral discourses, which were literally recorded at the time, the writer explicitly unfolded the fire-mist origin of all suns and worlds in the abysses of the universe. And now, to-day, by a recently discovered spectroscope, what "confirmation strong" do we unexpectedly and involuntarily receive! The spectroscope has demonstrated, (1) that *the same elements* enter into the composition of the earth, the sun, and of all the infinite ocean of suns which float through the stellar systems; (2) that the clouds of nebulae are in reality world-building matter in a

state of flame, and not yet in a condition to be cooled off and rolled out into rotating worlds; (3) that the primordial condition of the solar system — that it was originally in a fiery, molten state — is fully confirmed by the spectrum of the measureless masses of gaseous matter visible in portions of the Milky Way; (4) that the most remote stars, twinkling and burning in the appalling brightness of their own light, are actually just like our sun, both in their constituent composition and as to the fact of perpetual combustion.

All the foregoing demonstrates our philosophy of the origin and present condition of the physical universe; which, substantially, was suggested by the noble Herschel and boldly advocated by the inspired Laplace as, to say the least of it, a most rational hypothesis.

*(continued next issue)*

\* \* \* \*

## OUR INVISIBLE FRIENDS

*continued from page 13*

great treasure that in truth is ours. If you have difficulty in finding that great treasure of life, then you may be rest assured you have some denial. And it is that denial that is your destiny that is keeping you from finding your true

wealth. Everything you could possibly desire you already have. Because your physical senses do not yet experience it, simply reveals that you have not yet truly accepted it.

We understand in this Living Light philosophy that acceptance is the will of God — it is the Divine Will, for there

*(continued page 38)*



# Spiritual Healing

by Beverly Houser\*

"Whatever we think, that will we be" is a teaching of The Living Light philosophy. We have charge of our own thoughts, that is, we have control over what we think about. And so, when we have certain negative thoughts, we feel down; when we think things are not going the way we want them to, we feel anger, rejection, or fear. And conversely, when we think about something good or pleasant, we feel happy, uplifted. In other words, whatever we are feeling is the direct effect of our thoughts. First we have the thought, and then the body has the emotional and physical response which can be either positive or negative depending upon the thought.

When there is a repetition of the same level of thinking not only are the emotions triggered, but our physical body is affected so that we experience either good health or illness and disease. It is no coincidence that we can suddenly get a cold after having talked to someone on the

telephone who has one. The reason this happens is that we fall into rapport with that person, with their level of thinking. We didn't "catch" the cold, we "created" it with our own thoughts. It is also no coincidence that we can be experiencing a headache and have it suddenly disappear upon receiving good news. The headache did not just "go away," it was our thoughts that went away from whatever they were and became focused upon the good news.

Thus, it becomes apparent that there is energy in our thoughts—energy that can trigger pain or illness when directed in one direction, and well-being, health, and happiness when directed in another direction. We are merely the directors of this energy. We are responsible for all the effects of our thoughts because we chose them. Therefore, if we want to experience health, wealth and happiness, we must think healthy, happy thoughts, for "whatever we think, that will we be."

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Editor's Note—The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.\*

## A GUIDE TO MEDIUMSHIP

*continued from page 20*

find many who, impelled by a desire to be a medium, without understanding how much the word implies, sit down and invite any spirit that comes along to experiment upon them! Under such circumstances nothing but a high motive and a pure purpose will protect them from the operations of unwise or mischievous intelligences. As well might they go and sit in a public place with their eyes blindfolded and with an inscription on their breasts, 'Who will come and magnetize me?'

It has been frequently asserted, and we believe with truth, that no one who is averse to it can be hypnotised unless he yields to persuasion without realizing the need for resistance. No one who is watchful over himself can be drawn away to paths of vice or crime who has not the inclination in that direction, unless he is ignorant and too confiding. The man who has gained control over his desires and is morally self-centered cannot be hypnotised or suggestionised into wrong-doing, because the very suggestion is repugnant to him, and therefore there is little or no danger so long as the sensitive is alive to the need (which always exists for everyone) to main-

tain a level head and a pure purpose; a strong 'will' to do the right and a strong 'won't' towards the wrong.

### Psychic Sponges.

There are some people who, when they sit in a circle, are extremely helpful, and give off the right kind of force that readily blends with that of the sensitive; but there are others who draw upon and appropriate the psychic forces which are needed by the medium, or by the spirits through the medium. While they mean well, enjoy the seances, and feel 'so much better' after them, the success of the circle is endangered so far as the object for which it was formed is concerned. Such persons should be requested to sit outside the circle or be asked kindly to refrain from attending.

### Falling Asleep.

If you should fall into a quiescent state resembling sleep when in the circle, and neither feel inclination nor ability to move or speak, do not be alarmed, but if you are sufficiently conscious, request that a good spirit friend will come and use you. If, however, you are mentally inactive as well as physically quiescent, your friends must intervene after a time and audibly solicit spirit aid.

*(continued next issue)*

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## A WANDERER IN THE SPIRIT LANDS

*continued from page 4*

age of a spirit. As a spirit grows more highly developed in his intellectual powers, the appearance becomes more matured, till at last he assumes that of a sage, without, however, the wrinkles and defects of age in earth life, only its dignity, its power, and its experience. Thus, when a spirit has attained to the highest possible development of the earth (or any other planet's) spheres he would possess the appearance of one of its patriarchs, and would then pass into the higher and more extended spheres of the solar system of that planet, beginning there as a youth again since his development compared to that of the advanced spirits of those higher spheres would be but that of a youth.

Hassein told me that he was at present studying the various powers and forms of nature in those stages which were below soul life, and would be able to make visible and explain to me many curious things we should see upon our journey.

"Many spirits," he said, "pass through the sphere of the astral plane without being conscious of its spectral inhabitants, by reason of the fact that their senses are not developed in such a way as to

30

enable them to become conscious of their surroundings in all their entirety, just as in earth life there are many persons quite unable to see the spirits around them, although to others again they are perfectly visible. There are upon earth persons who can see not alone the spirits of human beings but also these astral and elementary beings who are not truly 'spirits,' since that word should be used to denote only those which possess within them the soul germ. Now many of these beings which we shall see never possessed any soul, and others again are only the empty shells from which the soul germ has departed. To distinguish between the soul spirit and the soulless astral one must possess a double power of soul-sight or clairvoyance as it is termed, and many who possess only an imperfect degree of this double power will be able to see elementals and astrals, but without being able to distinguish them clearly from the soul enveloping spirit forms. Hence much confusion and many mistakes have arisen amongst these imperfect clairvoyants as to the nature and attributes of these classes of beings. There are seven degrees of the soul-sight found in persons yet in the earth life; and

*(continued page 32)*



# Serenity Students

by Hilda Gibson\*

“Peace is the power . . .”

Most of us *know* that, but it is not in the knowing that one finds peace. Peace is not of the mind, it is of the soul. To find peace, one must *release* the thoughts of the mind.

Man goes on and on, searching for peace, whether he is aware of it or not. It is in peace that we are at one with the universe. It is in those moments that we are ‘home.’ Many books have been written about finding peace of mind, but therein lies the deception, for the author and the reader

seek it with the mind.

Daily meditation in the early hours of the morning can bring that peace, if the student makes the effort. And it does take effort to still the mind which has been broadcasting and receiving for so long. But it is truly worthwhile, for a few minutes of meditation, done on a regular basis, can bring about such quiet, such inner peace, that one feels refreshed as from a fine sleep. At that moment you are in tune with all life, for peace is power of God.

\* \* \* \* \*

## OUR INVISIBLE FRIENDS

*continued from page 38*

There is no reason for anyone to be without their share of the goodness of life. And the goodness of life is everywhere present. I sincerely

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*. . . to forgive is to give forth,  
and that that you give forth  
is then in the hands of a  
great and higher law.*

---

hope that it may be in keeping with your soul's evolution to make that daily effort to accept the possibility of something greater. For it you will truly do that and you will flood your consciousness daily with that demonstrable truth, you will soon in life experience that something greater, that something better than you already have.

## A WANDERER IN THE SPIRIT LANDS

*continued from page 4*

in the next stage of life the spiritual part or soul being freed from the gross elements of material life, there will be found seven more expansions of this gift, and so on in progressive succession as the soul casts off one by one the envelopes of matter—first the most gross or earthly matter, then succeeding degrees of refined or sublimated matter, for we hold that there can be no such thing as entire severance between soul and matter—that is so long as it is conscious of existence in any of our solar systems. Beyond these limits we have no knowledge to guide us, and it is a matter of pure speculation. It is only a question of the degree and quality of the matter which is more or less refined and etherealized as the soul is in a higher or lower state of development. It is of the first stage of earthly conscious soul life that I shall now speak in speaking of the clairvoyant sight, leaving till another time the theories and beliefs involved in the study of what has passed before man's present conscious stage of existence and what may happen when he passes beyond the limits of our present knowledge.

"We find, then, in the

earthly stage of life persons—most often women or very young boys—who are endowed with some or all of these seven degrees of soul-sight. The first three degrees are very often found, the fourth and fifth more rarely, while the sixth and seventh are hardly ever met with except in persons endowed with certain peculiarities of organization, due to those astrological influences under which they are born—particularly to those prevailing at the exact moment the child sees the light of earth life. So rare are these perfect sixth and seventh degrees that very few possess them, though some are found with an imperfect sixth and none of the seventh, in which case they can never attain to the perfection of soul-sight, and as with imperfect glasses, the defect in their sight will cause them to have an imperfect vision of celestial things, and although they will see into the sixth sphere in a sense, yet their defective power will greatly impair the value of what they see.

"Those, however, who have the perfect sixth and seventh degrees can be taken in spirit into the seventh sphere itself, which is the highest, or heaven of the earth spheres, and like St. John of

*(continued page 34)*

# In Our Thoughts

Brother  
Edmond Carrillo  
Orville Cavender  
Fran Chillas  
Harry Claveri  
Carlos Soto Esparza  
Peter E. Fink  
Francis M. Gelardi, Jr.  
Isa Goodwin  
Kathleen Graves  
Michael Graves  
Scott Graves  
The Hansen Family

Gertrude Chillas Hicks  
Jonquil  
The Lucas Family  
Magnolia  
Erick Othberg  
Richardo Lopez Roldan  
Shelieka  
Snowflake  
Arthur Sosa  
Sunshine  
Britta Uppstrom  
Wiffle  
Esther Yavneh

*To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.*



## A WANDERER IN THE SPIRIT LANDS

*continued from page 32*

old they shall see unspeakable things. To do this the soul requires to be freed from all ties to the material body, save only the slender thread without which connecting link body and soul would part forever. Thus they may be said to be out of the body at such times, and so difficult and dangerous is it to thus take the soul into the seventh sphere, that only with exceptional persons and under very exceptional circumstances can it be done even where the power exists. Of the clairvoyants of the lower degrees of power the same may be said, except that the less celestial their powers, the more safely and easily may they be used, each clairvoyant being able to see into that sphere which corresponds to the degree of power which they possess. It is, however, a curious fact that many clairvoyants possess one or more perfect degrees of soul-sight with at the same time an imperfect form of a degree still higher, and when this is so it will be found that the medium mixes the visions seen and is not reliable, since the defective degree (if used) will act like a defective eye and cause that which is beheld by both eyes at the same time to partake of its imperfections. It is,

therefore, far better to have the entire absence of a degree than to possess an imperfect form of it, since the imperfect one only causes confusion in using the perfect ones, unless indeed you do with these powers as you might do with the defective eye, and close it altogether in order that the vision, though limited, may be correct. Thus the ancients when they found the highest amount of perfect vision of one or more degrees in their pupils, arrested their further development at that degree before the imperfect sight of a higher one could in any way impair the value of those they possessed. In this way they were able to train as reliable clairvoyants of moderate powers many who by a further effort at development would have lost far more than they could gain. In olden days seers were divided into classes even as they still are amongst certain schools of prophets in the East, though now the art is not studied to the perfection it once was when the Eastern nations were a power upon earth.

"Each class underwent a special training adapted to their special degrees of power and class of gifts, and there was not the present curious mixture of great gifts and

*(continued page 36)*



## Children's Corner



Peace can only be found in the mind when it's rested.

*Marie Settle, Age 9*

When you feel good, your happy and your not in self. But when your cold and your mad your in self and you suffer then its time to make a change. Then when you make the change you feel much better.

*Lisa Toquinto, Age 10*

When I'm in the bad mood I am in the little me then I say my affirmation then I feel as good as I was before.

*Michael Field, Age 8*

If you work a lot and youre not tired it's because you re-directed your energy.

*Jaye Chillas, Age 13*

If man has a disier to get something and it is fulfilled he will soon forget it. He will forget it and probably want something else. This can continue for a long time.

*John Chillas, Age 12*

Black is Darkness. Brown is confusion. I have never thought about colors before. Purple is love, peace, understanding. Blue is Spirit.

*Josh Adler, Age 6*

I like blue, red and green. I like them because there are so pretty. Because when I draw I find them so pretty.

*Jamil Adler, Age 4*

Exceptence is excepting disciplinet Because your soul knows that disciplinet is love and it also means that you care.

*Lisa Toquinto, Age 10*

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*In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.—Editor*

## A WANDERER IN THE SPIRIT LANDS

*continued from page 34*

entire ignorance of how to use them wisely, which in many instances results in so many inaccuracies and so much harm both to mediums and to those who go to them for spiritual knowledge. As well might a trainer of young gymnasts think that he could overtax and strain the growing muscles without lasting harm to them, as those who make an ignorant, unlimited, and indiscriminate use and development of the mediumistic powers. A young fledgling cast from the nest too soon flutters and falls to the ground, while if left till the wings are strong enough to bear its flight it will soar to heaven itself. With more extended knowledge upon earth there will be given to certain sensitives endowed with the needful mediumistic powers the knowledge by which under the guidance of those higher intelligences who are directing the great spiritual movement, they can judge between the spirits of low and degraded states and those of a higher degree of advancement, and thus much of the confusion and danger which still hampers the movement will be gradually eliminated from it.

"On the spirit side of life are many teachers who for centuries have made a study

of these subjects—of all forms of life—and of the mediumistic powers of those who are incarnated upon earth, and they are even now seeking on all sides for open doors through which to impart such knowledge as many be of use to man. Much which they know could not yet be imparted, but there are things which could, and with this subject as with all others the minds upon earth will expand and develop as knowledge is given."

I thanked my new friend for his information and promised help, and as the expedition was soon to start I went to earth to bid adieu for a time to my beloved. Upon our parting I shall not dwell, nor say how much we both felt we should miss our constant little intercourse; for even restricted as it was by the barrier between us, it had been a great joy to both.

I found on my return that the preparations for our journey were now complete, and I was summoned to bid my father and others adieu, and to join my companions in the great hall where they were now assembled to receive the farewell benediction of our Grand Master. After this our band started amidst the cheers and good wishes of all the assembled Brotherhood.

*(continued next issue)*



The author continues to describe conditions on The Blue Island.

# *The Blue Island*

EXPERIENCES OF A NEW ARRIVAL BEYOND THE VEIL

*Communicated by W. T. Stead*

*Recorded by Pardoe Woodman & Estelle Stead*

## CHAPTER III

### INTERESTING BUILDINGS

*Continued from last issue—*

Looked upon as a meal—a lunch out—it was the longest one I have ever known and without question the most interesting. I learnt a great deal in those first few hours with my father. It was all conversational, but it was of great use to me and of vast interest. He explained to me that the place we were then in was a temporary rest house, one of many, but the one most used by newly-arrived spirit people. It was nearest to earth conditions and was used because it resembled an earth place in appearance. There were other buildings used for the same purpose as well as for other purposes; by that I mean there is more than *one* of each.

These different houses were not all alike, they varied considerably in outward appearance, but there is no need

to describe each. To call it a big building is sufficient, and by that you must understand a place like your museum or your portrait gallery, or your large hotels. . . anything you like, and it is near enough. But it was not fantastic in any way and had no peculiarities, therefore by “building” I mean a building only.

There were a great number of these places in different parts—not grouped together, but variously placed about this land.

It seems that all the senses are provided for here. The chief work on this island is to get rid of unhappiness at parting from earth ties, and therefore, for the time being, the individual is allowed to indulge in most of earth's pleasures. There are attractions of all kinds to stimulate and generally to tone up  
(continued page 42)

# FABLES for young and old

## THE FARMER & THE SNAKE

One frosty snowy winter a Farmer found a Snake under a hedge almost frozen to death with the cold.

He couldn't help feeling sorry for the poor stiff creature, so he took it home, put it on the hearth near the fire and went on about his business. Before very long there was such a shouting and screaming from his wife and children that he came running back to find out what was wrong.

There was the wretched ungrateful Snake, hissing and chasing the Farmer's wife and children all around the room.

"So!" said the Farmer, "this is how you pay me back for being kind to you! Well then, take this little bit of help too," and he picked up a mattock and chopped the Snake in two.

**The Point:** *Returning evil for good is not the way to show your thanks.*

\* \* \* \* \*

## OUR INVISIBLE FRIENDS

*continued from page 26*

is nothing in all of the universes that is denied by the Intelligent Energy. When we permit our minds to deny, we rise as a judge superior to the God that sustains us. And it is those denials in our consciousness that keep us from experiencing the health, wealth and happiness that already exists within us.

So I assure you, my friends, if you are having those experiences and your life is not complete and fulfilled, pause each day for a few moments, look honestly with-

in, permit your judgments and denials to rise up in your consciousness that you may work with them through the great power of forgiveness. For to

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*... acceptance is the will of God. . . for there is nothing in all of the universes that is denied by the Intelligent Energy. When we permit our minds to deny, we rise as a judge superior to the God that sustains us.*

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forgive is to give forth, and that that you give forth is then in the hands of a great and higher law.

*(continued page 31)*

# *The Living Light*



This book contains the fundamentals of THE LIVING LIGHT philosophy, a demonstrable spiritual psychology based on the wisdom gleaned through centuries of experiences by the spirit teacher who is known simply as The Old Man. This highly illumined soul shares with us his understanding of the universal laws of life, which applied, enable us to consciously control our everyday living experiences.

**THE LIVING LIGHT** book is a compilation of discourses originally given to a small spiritual unfoldment class conducted by Richard P. Goodwin.

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## THE PENETRALIA

*continued from page 18*  
**who heard him gladly?**

The poor heard him gladly; mainly, because he was born of the humblest among them; and advocated their cause. He opened his mouth and taught the multitude; and he healed many that were sick. He did this without reading from the then popular bible, or using remedies from the then orthodox drug-store.

**What followed this repudiation of the then popular authorities?**

The physicians and lawyers and clergymen of the times reasoned against his claims; they doubted his power of discerning spirits; and openly ridiculed his psycho-magnetic miracles. Some of his own converts traduced and deserted him. And they had him arrested on a charge of heresy to the Jewish church, and conspiracy against the Roman government. They tried him without justice; and crucified him without mercy. What a great martyrdom! What a faithful witness did he bear to the Father-God who inspired him; a martyr to his spiritual principles!

**According to recent discoveries in psychical science, how would you explain the birth of Jesus?**

Matter is the servant of

mind. Nothing is more obvious than the sympathetic alliance of these two eternal principles. Mind is the moving Principle: matter is the Principle which is moved. And it is well established that the productive mind influences and moulds the body and soul before as well as after birth. History is brimful of examples, and settles the doctrine as true, that the unborn child is psychologized by the maternal spirit. (See 3d vol. of *Great Harmonia*.)

**Can you not give examples of maternal psychology?**

Yes; there are many examples. Five months before the birth of Caligula, the Roman emperor, his mother *dreamed* that a supernatural being brought from the sky and gave her an eagle, which changed slowly into a venomous serpent, and was stoned to death by the multitude. The angel said: "The eagle is power; the serpent is tyranny; the last is assassination." Justified by her imagination only, she insisted that the history of her unborn child had been symbolized forth. This terrible impression acted like a charm upon the coming spirit; and, lo, the life and death of Caligula was an exact fulfilment of his mother's dream.

*(continued next issue)*

*gourmet's*

*delight*

**A recipe from Serenity's**

## **Russian Dinner**

### **BEF STROGANOV**

*(Sauteed Beef with Mushrooms and Onions in Sour-cream Sauce)*

To serve 6

1 Tbs. powdered mustard	1 lb. fresh mushrooms, thinly sliced lengthwise
1 Tbs. sugar	2 lbs. fillet of beef (no fat)
2 t. salt	1 t. freshly gr. black pepper
4 to 5 Tbs. vegetable oil	1 pint sour cream
4 cups thinly sliced onions, separated into rings	

Combine mustard, 1 1/2 t. sugar, pinch salt and a tablespoon of hot water to form a thick paste. Let rest at room temperature for 15 minutes.

Heat 2 Tbs. oil in heavy skillet and drop in onions and mushrooms, cover pan and simmer 20 to 30 minutes until soft. Drain.

Cut fillet across the grain into 1/4-inch-wide rounds. Slice each round with the grain into 1/4-inch-wide strips. Heat 2 Tbs. oil in skillet over high heat and fry meat for 2 minutes or so until lightly browned. When all meat has been cooked, combine with vegetables, stir in the remaining salt, pepper and the mustard paste. Stir in sour cream, a tablespoon at a time, then add the remaining 1/2 t. sugar and reduce heat to low. Cover pan and simmer 2 to 3 minutes, or until sauce is heated through. Taste for seasoning.

## THE BLUE ISLAND

*continued from page 37*

strength. Whatever the person's particular interest on earth has been, he can follow it up and indulge in it here also for the present. All mental interests and almost all physical interests can be continued here, for that one reason of coaxing the newcomer to a level mental outlook.

There are houses given over to book study, music, to athleticism of all kinds. Every kind of physical game can be practised—you can ride on horseback, you can swim in the sea. You can have all and any kind of sport which does not involve the taking of life. In a minor degree that can be had too, but not in reality; that is only a make-believe.

From this you will understand that particular buildings are given over to their own kind of work. The man who has spent his life in games, heart and soul, would be disconsolate without them here . . . he can have them and enjoy them to the full; but he will find that after a time the desire is not so keen and he will turn to other interest automatically, though gradually, and it may be that he will never entirely abandon his games, but the desire will be less absorbing. On the other

hand, the man who used his life for, say, music, for instance, will find his desire, his interest and his ability increasing by leaps and bounds—because music belongs to this land. He will find that by spending much time in one of the music houses, as he *will* if his life is music, his knowledge and ability are amazingly increased. Then there is the bookworm. He, too, finds intense satisfaction in his new-found facilities. Knowledge is unlimited—works of priceless value, lost upon earth, are in existence here. He is provided for.

The keen business man on earth whose only interest is in making his business successful will also find scope for his ability. He will come in contact with the house of organization, and he will find himself linked up with work transcending in interest anything that he could have imagined for himself whilst upon earth.

Now all this is done for a reason. Everyone is provided for. On arriving here there is often much grief; grief that is sometimes incapacitating, and no movement forward can be made until the individual wishes it himself. Progress cannot be forced upon him. Thus in the scheme of creation the blessed Creator has devised

*(continued page 44)*





**humor is the salvation of the soul**



Abraham Lincoln got good service from a very helpful trait — the ability to laugh at oneself. Once during a debate with Stephen Douglas the latter accused him of being two-faced. Lincoln replied, “I leave it to my audience—if I had two faces, would I be wearing this one?”

—Lion

*The Living Light Philosophy: Humor is the salvation of the soul.*



## **SERENITY EVENTS**

**DINNER PARTY: AUGUST 19, 1978 — 6:30 p.m.**

A Russian theme has been chosen for the August dinner party. There will be entertainment and prizes. All are invited to attend. Reserve the date — August 19. The place is the American Legion Log Cabin in San Anselmo.

**BAKE SALE: SATURDAY, AUGUST 26, 1978 — all day**

The regular monthly bake sale will be held at the Strawberry Town & Country Shopping Center in Strawberry. We look forward to seeing you there.

## THE BLUE ISLAND

*continued from page 42*

this wonderful means of appealing to the main interest on earth of each one. Everyone comes in touch with the chief longing of earth life, and is given opportunity to indulge in it, and thus progress is assured.

In all things that are purely and solely of the earth, the interest flags after a little time; a reaction, a gradual process—nothing is dramatic here—and the person passes from this to another interest which on earth would be called a mental one. Those whose interests have been in this mind-category will continue and enlarge the scope of their work, and will progress along the same lines—the others change.

Whilst in this Blue Island each one is very much in touch with the conditions left behind. At first there is nothing done but what is both helpful and comforting—later there is a refining process to be gone through. At first it is possible to be closely in touch with the home left behind, but after a little time there is a reaction from this desire to be so close to earth, and when that sets in the process of eliminating earth and flesh instincts begins. In each case this takes a different course, a different length of time.

In trying thus to explain the uses of this land and its buildings, I have not numbered them “Building A” for so-and-so, “Building B” for this, that and the other, but, in a conversational way, I hope I have helped you to understand and form a general idea of this country and some of its conditions. I hope I have made it clear how, after a time, the desire for earth things leaves us all. It may be a short or long time, according to the disposition of the person concerned. Take the athlete. He loves his games, his running, his physical strength and his muscular exercise. He will love it here more, because he will find an added pleasure in feeling no fatigue, a sharpened enjoyment altogether, but after a time his appreciation of all this will change. . . he will pass to a different form of it. A form which is full of movement and satisfaction but not a physical affair at all; his mind will become more awake, and he will get enormous mental satisfaction from the studies which will come before him concerning the ways and means of travel here. Is that clear?. . . Well, apply it in the same fashion to every other type of individual.

*(continued next issue)*





